



Mindfulness

“Mindfulness isn’t difficult. We just need to remember to do it.”



About me...

- Completed my MA and MA Honors in Counselling Psychology
- Certifications done in Hypnotherapy, CBT, REBT, Child psychology, Marital psychology
- Won Bharat Saman Award in 2023 for my contribution in psychology
- Have a total of 13 years of experience as a therapist and lifeskill trainer.



Mindfulness:

- Mindfulness is awareness of one's internal states and surroundings.
- Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.
- Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.
- Studies suggest that focusing on the present can have a positive impact on health and well-being.
- Mindfulness-based treatments have been shown to reduce anxiety and depression.
- There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain.



Core concepts:

- 1. Present-focused awareness
- Accepting or open attitude
- Non-judgmental approach
- Compassion for self and others
- Energy of mindfulness



JOHARI WINDOW:

- The Johari Window is a framework for understanding conscious and unconscious bias that can help increase self-awareness and our understanding of others.
- Joseph Luft and Harry Ingham devised a self-awareness feedback loop tool so that group interactions could become more efficient.
- They named this tool the Johari Window, combining the first part of both of their first names.
- This concept plays a very important role while understanding and using the concept of mindfulness.



Known to self

Not known to self

Known to others

OPEN AREA

BLIND SPOT

Not known to others

HIDDEN AREA

UNKNOWN AREA



Ways to be mindful at workplace:

- Be consciously present
- Be clear with your decisions
- Short mindful exercises during breaks
- Avoid multi tasking as far as possible
- Use mindful reminders
- Slow down to speed up
- Acknowledge stress as and when you face it
- Feel gratitude
- Cultivate humility
- Be non-judgmental in your thought process





Basic mindfulness techniques:

- A self gratitude letter
- Accepting the situations
- Walking meditation
- Body scanning exercise
- Exploring the hobbies and likes
- 4-7-8 mindful breathing
- Knowing what is good and toxic for oneself
- Gratitude list
- Mindful eating
- Sitting meditation





Q & A



miniOrange



Feedback.....



miniOrange



Thank you....

Mindfulness is a deceptively simple way of relating to all experience that can reduce suffering and set the stage for positive personal transformation.

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